**Perfectionism Detox Workbook: 9 Practical Strategies to Overcome Stress, Conquer Anxiety, and Reclaim Your Time for What Truly Matters**

*Chapter 1: Understanding Your Perfectionism*

**Buddy Accountability Checklist**

*Team up with a trusted friend, partner, or mentor to support each other on your journey to overcoming perfectionism. Use this checklist to guide your weekly check-ins, track progress, and celebrate victories together.*

**Instructions**

1. **Choose Your Accountability Buddy**: Select someone you trust and who is also open to self-improvement.
2. **Schedule Weekly Check-Ins**: Set aside 15-30 minutes each week to discuss your progress and challenges.
3. **Follow the Checklist**: Use the prompts below to guide your conversation.

**Buddy Accountability Checklist**

**Weekly Check-In Prompts**

1. **Celebrate Wins**
	* Share one moment this week when you:
		+ Let go of a perfectionist thought.
		+ Completed a task with “good enough” effort.
		+ Practiced self-compassion in a challenging situation.
2. **Reflect on Challenges**
	* Did you encounter any perfectionist triggers this week?
	* How did you respond to moments when things didn’t go as planned?
	* What would you do differently next time?
3. **Progress Tracking**
	* Review any progress you’ve made toward letting go of perfectionism.
		+ Example: “I avoided over-editing a report and submitted it on time.”
	* Note any patterns or recurring triggers that came up.
4. **Support Each Other**
	* Ask: How can I support you this week in overcoming perfectionism?
	* Share: Here’s one way you can support me this week.

**Action Plan for the Week Ahead**

* Identify one specific task or situation where you’ll challenge perfectionism:
	+ Example: “I will spend no more than 30 minutes revising my email before sending it.”
* Agree on one self-care activity to prioritize this week:
	+ Example: “I’ll take a 15-minute walk to clear my mind after work.”

**Weekly Reflection**

At the end of the week, take 5-10 minutes to reflect:

* What progress did I make, and how did my buddy help me stay on track?
* What did I learn about myself this week?
* What can I focus on in the next week to continue challenging perfectionism?

**Buddy Agreement**

*We commit to supporting each other on our journey to overcome perfectionism.*

**Buddy 1 Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Buddy 2 Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Check-In Day/Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tips for Success**

* Be Honest: Share your struggles and progress openly.
* Be Encouraging: Celebrate even the smallest victories together.
* Stay Consistent: Make your weekly check-ins a priority to build accountability and momentum.

Download this checklist and use it weekly to stay connected and motivated as you and your buddy work toward a balanced, fulfilling life free from the constraints of perfectionism.